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#Itsmymove Podcast episode 5- Arizona Leger 'Creating opportunities for women in sport'

Theme:
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 #Itsmymove Podcast episode 5- Arizona Leger 'Creating opportunities for women in sport'

[Rachel Howells](#)

Co-authored by Sport NZ, Bel Crawford

 Sport New Zealand

Episode 5 of the #itsmymove podcast is with Arizona Leger This inspiring young woman is leading the way in creating opportunities for women in sport. This conversation digs into how she fell out of love with being active, how to build confidence and what active recreation and sport for women looks like in Aotearoa going forward.

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-  <https://open.spotify.com/episode/0GsixUeRH8nwl90DDhbqKo>



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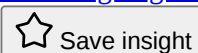
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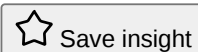


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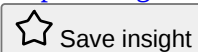
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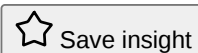
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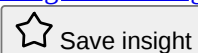


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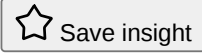


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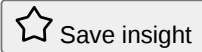


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